

January–March 2026

CAREspace

Community | Access | Relationships | Emotional Wellness

Parent Workshops and Classes



Anxiety and Depression in Children: Ask the Doctor

Understand childhood anxiety and depression, causes, and how to receive support.

January 8 | 2:00-3:00 p.m. (ENGLISH) | 3:00-4:00 p.m. (SPANISH)

<https://rcoe.zoom.us/join/9t1SkzpuQ1-OmsuCz4t2qg>



Self-Regulation and Children

Learn what self-regulation is and how you can effectively support its development in children and adolescents.

January 20 | 12:00-1:00 p.m. (ENGLISH) | 1:00-2:00 p.m. (SPANISH)

<https://rcoe.zoom.us/join/r7EsWuJsS7id5fig09Y60Q>



Praising Children and their Behavior

Identify effective ways to praise children for their positive behavior.

February 19 | 5:00-6:00 p.m.

<https://rcoe.zoom.us/join/6vKpdfBQSxeZV24VyKtoEg>



School Refusal: What to Do When Your Child Won't Go to School

Explore the common reasons children avoid school and discover effective ways caregivers can help.

February 24 | 12:00-1:00 p.m. (ENGLISH) | 1:00-2:00 p.m. (SPANISH)

<https://rcoe.zoom.us/join/Mz-FrGXITUyUNktDf2PIPg>



Medications and Children: Ask the Doctor

Explore additional information about psychiatric medications for children and consult a medical professional with any questions.

March 5 | 2:00-3:00 p.m.

https://rcoe.zoom.us/join/SKNxloXrSnqrQHUU_WCH2A



Substance Abuse and Addiction in Adolescents and Families

Clarify addiction, substance abuse, and ways to support affected loved ones.

March 10 | 12:00-1:00 p.m. (ENGLISH) | 1:00-2:00 p.m. (SPANISH)

<https://rcoe.zoom.us/join/hJhu9gztTgaqiRL0SEmDkA>

For questions please call: 951-276-CARE (2273) or visit our website at: www.rcoe.us/carespace

